

DOCUMENT RESUME

ED 060 408

AC 012 368

AUTHOR Gross, John G., Ed.
TITLE A Study of the Youth Phase of Expanded Nutrition Program.
INSTITUTION Missouri Univ., Columbia. Extension Education Dept.
REPORT NO Spec-R-24
PUB DATE Jan 71
NOTE 9p.; Summary of a Special Problem Report
EDRS PRICE MF-\$0.65 HC-\$3.29
DESCRIPTORS Behavioral Objectives; Change Agents; Disadvantaged Youth; Dropout Prevention; *Educational Programs; Family Life; Food; Health Education; Improvement Programs; Income; Individual Development; Knowledge Level; Leaders Guides; Manuals; *Nutrition; *Program Evaluation; Projects; *Research; Testing; Test Results; *Youth

ABSTRACT

A food and nutrition study conducted in six different areas of one state is discussed. The youth phase of the program was designed to provide an educational program for young people from low-income families. Pre-tests and post-tests were prepared and designed to determine the effectiveness of the Tricks for Treats unit in influencing the behavior of the children which would result in better dietary habits. Each young person involved was provided with a copy of the project manual and the leader's guide was used by the person conducting the program. Program objectives included: (1) Provide education for youth in the principles of nutrition, diets, and in the acquisition and use of foods; (2) Contribute to the personal development of disadvantaged youth through improved nutrition; and (3) Contribute to the improvement of diets and nutrition of families by means of educational programs for youth. Test results show that: (1) Those participating in the youth phase of the program did change their eating habits somewhat; (2) Most of the young people in the program know what foods to eat to keep healthy; yet, almost all of the participants fall below the recommended levels in their eating habits; and (3) If the program is to serve a useful purpose, a system should be implemented to decrease the drop-out rate. (CK)

ED 060408

U.S. DEPARTMENT OF HEALTH,
EDUCATION & WELFARE
OFFICE OF EDUCATION
THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL OFFICE OF EDUCATION POSITION OR POLICY.

A STUDY OF THE YOUTH PHASE
OF
EXPANDED NUTRITION PROGRAM

Summary of
Special Problem Report
January 1971



Training and Staff Development
Special Report Number 24
Extension Education Department
University of Missouri-Columbia
Edited by John G. Gross

AC012368

A STUDY OF THE YOUTH PHASE
OF
EXPANDED NUTRITION PROGRAM

The Youth phase of the Expanded Foods and Nutrition Program is designed to provide an educational program for young people from low-income families. This was done with the assumption that one of the most effective ways of bringing new ideas and changes to adults in the family is to have them introduced by the children. It is also a salient fact of life that these young people will soon be starting families of their own. The food habits and information they acquire will affect the foods they provide for their children.

This study was conducted in six areas of the state where the Expanded Food and Nutrition program is in operation. These areas are:

- | | |
|------------------|---------------------|
| (1) Delta | (4) St. Louis |
| (2) Kansas City | (5) Ozark Foothills |
| (3) Mid-Missouri | (6) Springfield |

Four hundred and twenty-four young people were involved in this study.

The pre-test and the post-test were prepared by members of the State Extension Youth Staff in cooperation with members of the Extension Education Department. The tests were designed to determine the effectiveness of the Tricks for Treats unit in influencing the behavior of the children which would result in better dietary habits.

The Youth Phase of the Expanded Foods and Nutrition Program was designed for children from disadvantaged families in the area. The 4-H project manual "Tricks for Treats" was used as a guideline for the development of the program. Each young person involved was provided with a copy of the project manual and the leader's guide was used by the person conducting the program.

The methods of conducting the program varied depending on the area, but in general, the meetings were held once a week for ten successive weeks.

The objectives of the Foods and Nutrition Program for Youth were:

1. Provide education for youth in the principles of nutrition, diets, and in the acquisition and use of foods.
2. Contribute to the personal development of disadvantaged youth through improved nutrition.
3. Contribute to the improvement of diets and nutrition of families by means of educational programs for youth.

The goal of the Expanded Foods and Nutrition Program was to establish good food habits for a lifetime. In this program, a "magic formula" repeated at each meeting introduced members to the 4-4-3-2 plan. Other materials including the game of good health were used in providing information.

It was hoped that participants would learn the importance of milk; enriched or whole grain bread and cereals; fruits and vegetables rich in Vitamin A and C; and meat or other protein foods in their daily diet.

The Home Economist working with the Expanded Foods and Nutrition for adults provided training for those conducting the youth phase of the program. Special emphasis in understanding and working with young people was made a part of this training program.

METHOD

The pre-test was given as near to the first meeting of the group as possible, with the post-test being given at the conclusion of the tenth meeting. The tests were administered by the person in charge of the group--this being the Expanded Food and Nutrition Assistant, volunteer leader or work study student.

The pre-test was given to 1,613 young people. Of this group, 424 completed the post-test. These matched records were selected to compare results of people who had completed both the pre-test and the post-test.

There were 138 boys and 286 girls who participated in this study. Four hundred and eight of the young people were students and sixteen were not enrolled in school. The ages of the participants varied from five to twenty years of age, with 74% being in the eight to thirteen age range.

RESULTS

On the question "How do you rate?", the respondents were asked for a food recall for the past day. They were asked to check the appropriate box indicating the number of servings of milk, bread, meat, cereal, vegetables and fruit they had eaten the past day.

There was an increase in the amount of milk consumed from the time of the first record to the second record. On record one, the mean was 1.85 servings of milk per day, while on record two the mean was 2.05 servings of milk per day.

TABLE # 1

Number of servings of milk consumed during previous day							Mean
	0	1	2	3	4	5 or more	
Pre-test	74	104	131	60	33	22	1.85
Post-test	60	99	109	90	45	21	2.057

There was a decrease in the amount of bread consumed from the time of the first record to the second record. On record one, the mean was 2.87 servings of bread per day, and on record two the mean was 2.79 servings of bread per day.

TABLE # 2

	Number of servings of bread consumed during previous day						
	0	1	2	3	4	5 or more	Mean
Pre-test	6	76	98	104	66	74	2.87
Post-test	19	52	115	100	86	52	2.79

The consumption of meat remained steady from the results of record one in comparison to record two. On record one, the mean was 2.10 servings of meat and on record two the mean was 2.08 servings.

TABLE # 3

	Number of servings of meat consumed during previous day						
	0	1	2	3	4	5 or more	Mean
Pre-test	32	105	144	91	36	16	2.10
Post-test	29	110	144	97	29	15	2.08

There was an increase in the consumption of cereal from the time of the first record to the second record. On record one, the mean was 0.84 servings per day, and on record two the mean was 0.99 servings per day.

TABLE # 4

	Number of servings of cereal consumed during previous day						
	0	1	2	3	4	5 or more	Mean
Pre-test	192	164	38	16	3	11	0.84
Post-test	161	159	68	23	10	3	0.99

There was an increase in the number of servings of vegetables from record one to record two. On record one, the mean was 1.97

servings and on record two the mean was 2.02 servings.

TABLE # 5

	Number of servings of vegetables consumed during previous day						Mean
	0	1	2	3	4	5 or more	
Pre-test	79	106	93	80	28	38	1.97
Post-test	64	100	113	81	45	21	2.02

There was an increase in the number of servings of fruit from record one to record two. On record one, the mean was 1.25 servings and on record two the mean was 1.49 servings.

TABLE # 6

	Number of servings of fruit consumed during previous day						Mean
	0	1	2	3	4	5 or more	
Pre-test	150	140	75	22	13	24	1.25
Post-test	129	117	89	40	28	21	1.49

On each food recalled, there were fewer 0 responses on all items except bread in record two than on record one. Even though many of these young people aren't eating at the 4-4-3-2 standard, more of them are consuming a portion of the standard.

On the question "What do you know?", the respondents were asked what foods should boys and girls eat every day to keep healthy. They could check yes or no on the following foods: fruit, milk, vegetables, bread, meat and cereal.

There was no significant increase in any of the choices from record one to record two. There was a higher percent of yes answers on record two than on record one in all cases except for milk.

On record one 95.2% answered yes they should eat fruit, while

96.6% responded positively on record two.

In response to whether they should drink milk, 98.6% answered yes on record one and only 97.8% answered yes on record two.

On record one 96.2% answered yes, they should eat vegetables, while 97.4% answered yes on record two.

On record one 95.9% answered yes they should eat bread, while 98.1% answered yes on record two.

On record one 97.9% answered yes, they should eat meat, while 98.8% answered yes on record two.

On record one 90.6% answered yes, they should eat cereal, while 92.8% answered yes on record two.

TABLE # 7

What foods should boys and girls
eat to keep healthy?

	No. Yes	No. No	% Yes	% No	Mean
<u>FRUIT</u>					
Pre-test	396	20	95.2	4.8	1.05
Post-test	402	14	96.6	3.4	1.03
<u>MILK</u>					
Pre-test	412	6	98.6	1.4	1.01
Post-test	408	9	97.8	2.2	1.02
<u>VEGETABLES</u>					
Pre-test	404	16	96.2	3.8	1.04
Post-test	405	11	97.4	2.6	1.03
<u>BREAD</u>					
Pre-test	398	17	95.9	4.1	1.04
Post-test	409	8	98.08	1.02	1.02

TABLE # 7 Cont.

	No. Yes	No. No	% Yes	% No	Mean
<u>MEAT</u>					
Pre-test	410	9	97.9	2.1	1.02
Post-test	411	5	98.8	1.2	1.01
<u>CEREAL</u>					
Pre-test	367	38	90.6	9.4	1.09
Post-test	385	30	92.8	7.2	1.07

It is apparent that most of those who participated in this program are aware of the proper foods to eat. In all cases, over ninety percent of the respondents gave yes answers to the foods they should eat. The test wasn't designed to indicate their understanding of the 4-4-3-2 formula.

IMPLICATIONS

1. There were increases in the number of servings of milk, cereal, vegetables and fruit--indicating that those participating in the youth phase of the Expanded Foods and Nutrition Program did change their eating habits somewhat.
2. The consumption of bread decreased, but the project book lists bread and cereal together and by combining these two categories the consumption remained constant.
3. Although there were increases in the number of servings, all of the food groups are still short of the 4-4-3-2 formula recommended in the project book.
4. According to the answers to the questions, ninety to ninety-eight percent of the young people in the program know which foods to eat to keep healthy; yet, almost all the participants are falling below the recommended levels of nutritional food intake. This indicates that either these young people are not using the knowledge they have gained or the proper foods are not available.

5. There were 1,613 young people involved in the program at the time record one was completed and only 424 of this group were involved at the time record two was completed. If this program is going to serve a useful purpose, a system should be implemented to decrease the drop-out rate.

Source: Extension Education Research Report, Department of Extension Education, University of Missouri-Columbia, January 1971, by Freddie G. Mailles.